

In-Season Phase 2

Day 1

A Sumo Deadlift

| Week | Sets | Reps |
|------|------|------|
| 1 | 5 | 5 |
| 2 | 5 | 5 |
| 3 | 3 | 3 |
| 4 | 5 | 1 |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------|-------|-------|-------|-------|
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B1 Alt. Incline DB Bench

| Week | Sets | Reps |
|------|------|--------|
| 1 | 3 | 6/side |
| 2 | 3 | 6/side |
| 3 | 3 | 6/side |
| 4 | 3 | 6/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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B2 Chin-up (use external weight if possible)

| Week | Sets | Reps |
|------|------|------|
| 1 | 3 | 5 |
| 2 | 3 | 5 |
| 3 | 3 | 5 |
| 4 | 3 | 5 |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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C 1 Arm KB Swing

| Week | Sets | Reps |
|------|------|---------|
| 1 | 3 | 15/side |
| 2 | 3 | 15/side |
| 3 | 3 | 15/side |
| 4 | 3 | 15/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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In-Season Phase 2

Day 2

A Front Squat

| Week | Sets | Reps |
|------|------|------|
| 1 | 3 | 3 |
| 2 | 5 | 3 |
| 3 | 3 | 3 |
| 4 | | 1RM |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------|-------|-------|-------|-------|
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B1 3-Point DB Row

| Week | Sets | Reps |
|------|------|--------|
| 1 | 6 | 8/side |
| 2 | 6 | 8/side |
| 3 | 6 | 6/side |
| 4 | 6 | 6/side |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|-------|-------|-------|-------|-------|-------|
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B2 3-Point Push-up

| Week | Sets | Reps |
|------|------|---------|
| 1 | 4 | 6/side |
| 2 | 4 | 8/side |
| 3 | 4 | 10/side |
| 4 | 4 | 12/side |

| Set 1 | Set 2 | Set 3 | Set 4 |
|-------|-------|-------|-------|
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C Single Leg Hip Thrusters

| Week | Sets | Reps |
|------|------|---------|
| 1 | 5 | 20/side |
| 2 | 5 | 20/side |
| 3 | 5 | 20/side |
| 4 | 5 | 20/side |

| Set 1 | Set 2 | Set 3 | Set 4 |
|-------|-------|-------|-------|
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